

Deviled Buffalo Burgers

- ❖ 1 pound ground buffalo
- ❖ 1 tablespoon and 1 teaspoon ketchup
- ❖ 2 teaspoons hot pepper sauce
- ❖ 1 teaspoon Worcestershire sauce (optional)
- ❖ 1 teaspoon prepared mustard
- ❖ ½ teaspoon salt
- ❖ ¼ teaspoon ground pepper
- ❖ 5 hamburger buns

1. In a bowl, mix all ingredients, except hamburger buns, together. Form into 5 patties and place on the unheated rack of a broiler pan (or in a preheated skillet on the stove).
2. Broil 3 to 4 inches from the heat for 12 to 15 minutes until internal temperature reaches 160°F.
3. Serve patties on hamburger buns. Top with favorite toppings such as lettuce, tomato, onions, ketchup, and mustard.
4. Makes 5 patties.

Nutrition Facts

Serving Size: 1 patty
Number of Servings: 5

Calories: 207
Calories from Fat: 31
Total Fat: 3 grams
Saturated Fat: 1 gram
Cholesterol: 55 milligrams
Sodium: 555 milligrams
Carbohydrates: 19 grams
Dietary Fiber: 1 gram
Sugar: 2 grams
Protein: 22 grams

% Daily Value

Vitamin A: 1% Vitamin C: 5% Iron: 20% Calcium: 6%

Source: U.S. Department of Agriculture, http://www.fns.usda.gov/fdd/facts/hhpfacts/hp_fdpir.htm